

VIRTUAL RESOURCES FOR YOU

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FITNESS

YMCA (national) - www.ymca.net

Free fitness videos for multiples levels and classes, Active adult page also features “Daily Resource Roundup” of activities that are not fitness related for seniors to utilize:

<https://www.ymca.net/your-y-at-home-for-active-older-adults>

National Institute on Aging - <https://www.nia.nih.gov/health/exercise-physical-activity>

Educational fact sheets on exercise and physical activity

Go4Life, National Institute on Aging -

<https://www.youtube.com/playlist?list=PLmk21KJuZUM7kDgg7EOsXqPKAoOnD5Q8N>

Youtube channel with fitness videos for older adults

Silver Sneakers On-Demand <https://www.silversneakers.com/learn/ondemand/>

Are you a member of Silver Sneakers? They’re offering fitness and nutrition information on-demand. You can check on their website if your insurance participates as well.

EDUCATIONAL PROGRAMS AND SUPPORT

AARP - <https://www.aarp.org/>

Articles on various topics from scams, technology use, and more.

Alzheimer’s Association - <https://alz.org/>

For more information about Alzheimer’s Association programs and services, contact the 24/7 Helpline 800-272-3900.

Alzheimer’s Foundation of America – <https://alzfdn.org/>

Free virtual programs, most aimed for caregivers, but open to all. Programs include fitness classes, art therapy, and more. Most videos are available on their Facebook page:

<https://www.facebook.com/AlzheimersFoundationofAmerica/>

Arthritis Foundation - <https://www.arthritis.org/home>

Resources and articles for those dealing with arthritis. Join the Live Yes! Arthritis Network at <https://www.arthritis.org/liveyes> for

Cancer Support Community of Central New Jersey -

<https://www.cancersupportcnj.org/registration/>

Free virtual programs, fitness, support.

DOROT USA - <https://www.dorotusa.org/about>

New York based non-profit offering resources and virtual programs.

JCC Metrowest - <https://jccmetrowest.org/live/>

Virtual programs such as work outs, Shabbat, readings, trivia, and more. Check out their calendar of events when you scroll down on the website.

National Council on Aging - <https://www.ncoa.org/covid-19-resources-for-older-adults/>

Various educational resources, articles and more

New York Times Events Hub - https://timesevents.nytimes.com/ “Make the most of your time indoors. Better understand the world outside.” Sign up for the latest updates.
Road Scholar - https://www.roadscholar.org/virtualllearning/ Free online lectures for adults! Learn from Road Scholar’s expert instructors around the world right from the comfort of your own home.
Senior Planet: https://seniorplanet.org/ Offers programs on various topics, fitness classes, book and movie discussions, technology classes, and more. Something for everyone!
Total Brain Health on Demand – http://totalbrainhealth.com/tbh-on-demand Free Online Brain Coaching to Keep You Sharp at Home – Hosted by Wellness Expert Dr. Cynthia Green. Subscribe to the TBH on Demand Channel and check back regularly! Visit www.totalbrainhealth.com or email info@totalbrainhealth.com for more information.

EDUCATION

Adult Education School – www.theadultschool.org Various educational programs offered online for a fee
Coursera - https://www.coursera.org/ Non-credit courses from various universities and colleges online.
Macculloch Hall Historical Museum – www.maccullochhall.org Interactive home activities - follow them on Facebook for virtual activities for kids and adults @maccullochhall

ENTERTAINMENT

National Theater (at Home) - https://www.youtube.com/user/ntdiscovertheatre Love plays? Check out free live performances of various productions from the London National Theatre.
Mayo Performing Arts Centers - https://www.mayoarts.org/virtual-arts Free Facebook live performances. Follow them on the MPAC Facebook page @MayoPerformingArtsCenter
NPR Tiny Desk Concerts - https://www.npr.org/series/tiny-desk-concerts/ Love music? Check out this tiny desk concerts of artists performing at home. Not your thing but still love music— https://www.npr.org/music has other options.
Metropolitan Opera - https://www.metopera.org/ Nightly opera streams, virtual gala, and more.

READING

Many local libraries are offering virtual libraries and other resources. Go to your local library website page to see what they are offering! Here are a few links:

1. Madison Public Library - http://www.madisonnjlibrary.org/ Bestseller Book Club, museum passes for access to Morris County history, and more.
2. Montville Public Library - https://www.montvillelibrary.org/virtual-library Various resources to library card holders including Rosetta Stone, movies, Hoopla (audiobooks and more.)
3. New Providence - https://www.newprovidencelibrary.org/ Many online resources available for card holders and others.

4. Pequannock Public Library - https://pequannocklibrary.org/
5. Roxbury Library - https://roxburylibrary.org/ Resources such as digital library, story time for kids, fitness classes, paint and sip and more!
6. Warren County Library (Northeast Branch) - https://www.warrenlib.org/northeast-branch#.XpisemxYZPY
7. Wayne Public Library – https://waynepubliclibrary.org Open virtually to answer your questions and provide assistance and information – virtual adult book discussion groups on Zoom; research and learning; knit, crochet and needlework group, and much more!

VIRTUAL VOLUNTEERING OPPORTUNITIES

Smithsonian - https://www.si.edu/volunteer/DigitalVolunteers
United Nations - https://www.onlinevolunteering.org/en

VIRTUAL SUPPORT GROUPS

Alzheimer’s Association of NJ – Virtual Caregiver Support Group https://www.alznl.org/services/family-support-groups/ For those caring for a loved one living with dementia or Alzheimer’s, there are virtual support groups available. Must register in advance as meetings are limited to 15 people.
NJ Self-Help Clearinghouse – https://www.njgroups.org Family resources; virtual support and learning. Distance NOT disconnect!! Find free face-to face meetings on Zoom for your group and stay connected. https://zoom.us
SAMSHA Distress Hotline - https://www.samhsa.gov/find-help/disaster-distress-helpline Call line for those experiencing emotional distress during a natural or man-made disaster